

Employee Emotional Intelligence

Duration: 1 Day **Course Code: GK831175**

Overview:

Exclusive - Unlock Your Emotional Intelligence for Workplace Success!

Step into the "Employee Emotional Intelligence" workshop—a transformative, hands-on experience designed to help you master the art of self-awareness, stress management, and positive communication. In just one day, you'll discover practical strategies to manage emotions, build stronger relationships, and handle workplace challenges with confidence and empathy.

Whether you're looking to give assertive feedback, boost your resiliency, or navigate conflict with ease, this workshop delivers actionable tools and real-world insights for personal and professional growth. Elevate your impact and create a more harmonious, productive work environment—join us and unleash your emotional intelligence!

Updated 21/04/2026

Target Audience:

Professionals who want to foster stronger workplace relationships, communicate with clarity and empathy, and inspire trust to drive meaningful results. This session is ideal for those seeking to elevate their impact, boost collaboration, and lead with emotional intelligence.

Objectives:

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| <ul style="list-style-type: none">■ After completing this course, participants will be able to■ Enhance self-awareness while identifying strategies to manage emotions | <ul style="list-style-type: none">■ Discover how EI can help develop more positive relationships at work■ Explore ways to give assertive feedback, deal with stress and enhance resiliency |
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Prerequisites:

No formal prerequisites; basic communication or workplace interaction experience is recommended.

Testing and Certification

- None
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Follow-on-Courses:

- GK831172 - Strong and Effective Negotiations
 - GK831173 - Growing Work Relationships at Work Positively
 - GK831177 - Managing Challenging Conversations
 - GK831174 - Performance and Employee Accountability
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Content:

Module 1: Laying the Foundation

- Gain awareness of what EI means and how it can benefit individuals and organizations

Module 2: Managing Yourself

- Develop deeper self-awareness around personal triggers and the physiological impact
- Learn how to reframe one's thinking for better control

Module 3: Emotionally Intelligent Communications

- Understand how communication can be misinterpreted
- Enhance key communication skills to ensure one is being assertive in an interaction

Module 4: Building Interpersonal Skills

- Identify when someone else gets triggered and how to de-escalate a situation
- Enhance ways to express empathy
- Have a constructive conversation using the 4 step Feedback Loop
- Manage potential conflict more effectively

Module 5: Adaptability and Resiliency

- Better identify stress
- Strategically enhance resiliency

Module 6: Next Steps

- Apply EI to an upcoming situation
- Consider final takeaways

Further Information:

For More information, or to book your course, please call us on 00 966 92000 9278

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